

Keeping Love Alive In Marriage

How To Love For A Life Time



Six Ingredients We Need

“How To Build Strong & Healthy Relationships” “Six Ingredients For Love To Last A Lifetime”

Strong & healthy marriages are marked by honesty & openness and the freedom to share our feelings and accept responsibility for our actions. The problem is we have a huge roadblock called “fear”.

Ingredient #1 _____

“Accept one another, then, just as Christ accepted you, in order to bring praise to God.” Romans 15:7 (NIV)

“... stop passing judgment on one another.” Romans 14:13 (NIV)

Ingredient #2 _____

“... Love one another deeply, from the heart.” 1 Peter 1:22 (NIV)

Ingredient #3 _____

“Submit to one another out of reverence for Christ.” Ephesians 5:21 (NIV)

Submission Requires

“Why do you look at the speck of sawdust in your brother's eye and pay no attention to the plank in your own eye? How can you say to your brother, ‘Brother, let me take the speck out of your eye,’ when you yourself fail to see the plank in your own eye? You hypocrite, first take the plank out of your eye, and then you will see clearly to remove the speck from your brother's eye.” Luke 6:41-42 (NIV)

“Make every effort to do what leads to peace and to mutual edification.” Romans 14:19 (NIV)

“Serve one another in love... ‘Love your neighbor as yourself.’ If you keep on biting and devouring each other, watch out or you will be destroyed by each other.” Galatians 5:13-15 (NLT)

Ingredient #4 _____

“Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you.” Colossians 3:13 (NIV)

“All of you should be of one mind, full of sympathy toward each other, loving one another with tender hearts and humble minds. Don't repay evil for evil. Don't retaliate when people say unkind things about you. Instead pay them back with a blessing. That is what God wants you to do and he will bless you for it.” 1 Peter 3:8-9 (NIV)

Ingredient #5 _____

“Encourage one another and build each other up.” 1 Thessalonians 5:11 (NIV)

"Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable--if anything is excellent or praiseworthy--think about such things." Philipians 4:8 (NIV)

"Encourage one another daily, as long as it is called today, so that none of you may be hardened by sin's deceitfulness."
Hebrews 13:3 (NIV)

"Be joyful always; pray continually; give thanks in all circumstances, for hothis is God's will for you in Christ Jesus [so you] do not put out the Spirit's fire." 1 Thessalonians 5:16-19 (NIV)

Ingredient #6 _____

"Greet one another with a holy kiss." Romans 16:16 (NIV)

"A man should fulfill his duty as a husband, and a woman should fulfill her duty as a wife, and each should satisfy the other's needs. A wife is not the master of her own body, but her husband is; in the same way a husband is not the master of his own body, but his wife is. Do not deny yourselves to each other, unless you first agree to do so for a while in order to spend your time in prayer; but then resume normal marital relations. In this way you will be kept from giving in to Satan's temptation because of your lack of self-control." 1 Corinthians 7:3-5 (GN)

The Contemporary English Version says ... "Husbands and wives should be fair with each other about having sex. A wife belongs to her husband instead of to herself, and a husband belongs to his wife instead of to himself. So don't refuse sex to each other, unless you agree not to have sex for a little while, in order to spend time in prayer. Then Satan won't be able to tempt you because of your lack of self-control." 1 Corinthians 7:3-5 (CEV)

Paul says sex is a ...

Legitimate Need - Don't _____ it ...

Mutual Benefit - Don't _____ it

Spiritual Responsibility - Don't _____ it

"Each of you should look not only to your own interests, but also to the interests of others. Your attitude should be the same as that of Christ Jesus." Philipians 2:4-5 (NIV)

Personal Evaluation

How accepting am I? ... Am I accepting or do I constantly pointing out how and where my spouse needs to change with digs, pokes, jokes, failures & faults? Do I make pokes and jokes about them at their expense?

How attentive am I? ... Am I paying attention to my spouse or am I ignoring them - am I aware of their needs, hurts, battles, victories, defeats, frustrations, dreams, goals, fears, etc? *"If You Care You'll Be Aware*

How adjusting am I? ... Am I compromising & giving in or am I expecting my mate to make all the adjustments - am I keeping track of all the adjustments I have made? Am I feeling resentment and bitterness?

How forgiving am I? ... Do I quickly forgive and let go or hold on to hurt – nurse it – rehearsing it? Is there a major or minor failure in the past you are holding over your spouse's head – you keep reminding them – never let them forget?

How appreciative am I? ... Am I an encourager or a discourager - my spouse's biggest fan and supporter in front of others? Am I generous with compliments or criticism – do I brag more than nag?

How affectionate am I? ... Would my spouse describe me as someone who expresses tender, touching, and thoughtful contact outside of the bedroom? Do I put their needs for affection ahead of my own activities & agenda?

Personal Study

July 30, 2006

Getting Started

Often as kids we have thoughts and ideas of things that will last forever. What are some of the things you as a child believed would last forever – would never change or wear out?

This Week's Key Verse ... "... Love one another deeply, from the heart." 1 Peter 1:22 (NIV)

When we these six ingredients we can be and get defensive. Take a few minutes and honestly rate yourself on how you think you're doing in each area. THEN, have your spouse give their perception of you in each area.

ACCEPTANCE ... I completely accept my spouse.

1 2 3 4 5 6 7 8 9 10

ATTENTION ... I give my spouse my full attention.

1 2 3 4 5 6 7 8 9 10

ADJUSTMENT ... I give in and compromise with my spouse.

1 2 3 4 5 6 7 8 9 10

AMNESTY ... I forgive my spouse quickly and have no grudges.

1 2 3 4 5 6 7 8 9 10

APPRECIATION ... I encourage and purpose to build up my spouse daily.

1 2 3 4 5 6 7 8 9 10

AFFECTION ... I tenderly and thoughtfully touch my spouse.

1 2 3 4 5 6 7 8 9 10

Which of these is strongest and which is weakest in your marriage?

Going Deeper

1 Corinthians 13 talks about love and applies to each of the six ingredients we looked at this weekend. Read 1 Corinthians 13. Then look at the other verse(s) and see how they apply to each area we looked at and to your marriage. Discuss together at least one way, one thing you can both do in each area to improve each key ingredient for love to last a lifetime in your marriage.

Giving More Attention ... 1 Peter 1:22

Being More Accepting ... Romans 15:7 & 14:13

Making More Adjustments ... Romans 14:19; Galatians 5:13-15

Giving More Amnesty (forgiveness) ... Colossians 3:12-17

Showing More Appreciation ... 1 Thessalonians 5:11, 16-19 & Philippians 4:8

Showing More Affection ... Philippians 2:1-11

What Are The Action Steps You Need To Take For Love To Last A Lifetime In Your Marriage?